

CLAIM AMENDMENTS

1. (Currently Amended) A method for prescribing a fitness programs for a person comprising the steps of: establishing a plurality of body types based on the shape of the body of the person; classifying the body of the person into one of said plurality body types; establishing a fitness level and a fitness goal for the person; and based on the body type classification, fitness level and fitness goal of the person,
 - prescribing a first aerobic routine for the person to perform;
 - prescribing a first upper body routine for the person to perform;
 - prescribing a second aerobic routine for the person to perform; and
 - prescribing a first abdominal routine for the person to perform;
2. (Original) The method of claim 1, wherein the step of establishing a plurality of body types includes establishing at least a first body type, a second body type, a third body type, and a fourth body type.
3. (Original) The method of claim 2, further comprising the step of:
for a person with a body classified into said first body type;
 - prescribing a third aerobic routine for the person to perform;
 - prescribing a set of standing knee to opposite chest for the person to perform;
 - prescribing a set of L-kicks for the person to perform;
 - prescribing a second upper body routine for the person to perform; and

- prescribing a fourth aerobic routine for the person to perform.

4. (Original) The method of claim 3, wherein the fitness program is prescribed with a sequence of said first aerobic routine, said set of standing knee to opposite chest, said set of L- kicks, said second aerobic routine, said first upper body routine, said third aerobic routine, said first abdominal routine, said second upper body routine, and said fourth aerobic routine.

5. (Original) The method of claim 2, further comprising the step of:

for a person with a body classified into said second body type;

- prescribing a first and second set of standing knee to opposite chest for the person to perform;
- prescribing a set of push-ups for the person to perform; and
- prescribing a third aerobic routine for the person to perform.

6. (Original) The method of claim 5, wherein the fitness program is prescribed with a sequence of said first set of standing knee to opposite chest, said set of push-ups, said first aerobic routine, said first upper body routine, said second aerobic routine, said first abdominal routine, said second set of standing knee to opposite chest, and said third aerobic routine.

7. (Original) The method of claim 2, further comprising the step of:

for a person with a body classified into said third body type;

- prescribing a second abdominal routine for the person to perform;

- prescribing a first and second set of march in place on toes for the person to perform;
- prescribing a first and second set of side benders for the person to perform; and
- prescribing a first and second set of deadlifts for the person to perform.

8. (Original) The method of claim 7, wherein the fitness program is prescribed with a sequence of said first abdominal routine, said first aerobic routine, said first set of march in place on toes, said first set of side benders, said first set of deadlifts, said first upper body routine, said second aerobic routine, said second set of march in place on toes, said second set of side benders, said second abdominal routine, and said second set of deadlifts.

9. (Original) The method of claim 2, further comprising the step of:
for a person with a body classified into said fourth body type;

- prescribing a first set of deadlifts for the person to perform;
- prescribing a first and second set of side benders for the person to perform;
- prescribing a second abdominal routine for the person to perform;
- prescribing a first set and second set of march in place on toes for the person to perform; and
- prescribing a second upper body routine for the person to perform.

10. (Original) The method of claim 9, wherein the fitness program is prescribed with the sequence of said first aerobic routine, said first upper body routine, said first set of deadlifts,

said first set of side benders, said first abdominal routine, said second aerobic routine, said first set of march in place on toes, said second upper body routine, said second first set of march in place on toes, said second abdominal routine, and said second set of side benders.

11. (Original) The method of claim 1, further comprising the steps of:

establishing a plurality of fitness levels for each of said plurality of body types;

classifying the body of the person into one of said plurality of fitness levels;

and wherein the steps of prescribing said first and said second aerobic routine, said upper body routine, and said abdominal routine are based on said classification of the body of the person into one of said plurality of fitness levels.

12. (Original) The method of claim 1, wherein the step of prescribing an upper body routine

includes prescribing the exercises of push-outs, behind-the-neck presses, front presses, upright rows, bicep curls, and tricep kickbacks; and

the step of prescribing an abdominal routine includes prescribing the exercises of sit-ups, leg-outs, elbows to knees, and knees to elbows; and

wherein the resistance level of said prescribed exercises is based on the body type classification of the person.

13. (Original) The method of claim 1, wherein the step of prescribing the steps of prescribing a first and second aerobic routine includes prescribing one of the exercises from the group of biking and walking; and

wherein the resistance level of said prescribed aerobic routine is based on the body type

classification of the person.

14. (Canceled)

15. (Currently Amended) A method for prescribing a fitness programs for a person comprising the steps of:

establishing a plurality of body types based on the shape of the body of the person;

classifying the body of the person into one of said plurality of body types;

establishing a plurality of fitness levels for each of said plurality of body types;

classifying the body of the person into one of said plurality of fitness levels;

prescribing an aerobic exercise for the person to employ, based at least in part, on the body type classification of the person; and

identifying the proportion of aerobic versus anaerobic exercise the person should employ based, at least in part, on the fitness level classification of the body;

16. (Original) The method of claim 15, further comprising the step of identifying an aerobic exercise that the person should not employ according to the body type classification of the person.

17. (Original) The method of claim 15, further comprising the step of prescribing a resistance level for the prescribed aerobic exercise based, at least in part, on the body type classification of the person.

18. (Original) The method of claim 15, further comprising the step of prescribing a speed range level for the prescribed aerobic exercise based, at least in part, on the fitness level classification of the person.

19. (Currently Amended) A method for prescribing a fitness programs for a person comprising the steps of:

establishing a plurality of body types based on the shape of the body of the person;

classifying the body of the person into one of said plurality of body types;

based on the body type classification of the person,

- prescribing a first aerobic routine for the person to perform comprising at least one of the exercises selected from the group of biking, walking, elliptical trainer, and stepper;
- prescribing a first aerobic routine for the person to perform comprising the exercises of push-outs, behind-the-neck presses, front presses, upright rows, bicep curls, and tricep kickbacks;
- prescribing a second aerobic routine for the person to perform comprising at least one of the exercises selected from the group of biking, walking, elliptical trainer and stepper;
- prescribing a first abdominal routine for the person to perform comprising the exercises of sit-ups, leg-outs, elbows to knees, and knees to elbows; and

wherein the resistance level of the prescribed aerobic exercise is based, at least in part, on the body type classification of the person.

20. (Original) The method of claim 19, further comprising the steps of:

establishing a plurality of fitness levels for each of said plurality of body types;

classifying the body of the person into one of said plurality of fitness levels; and

prescribing a speed range for the prescribed aerobic exercise based, at least in part, on the fitness level classification of the person.

21. (Currently Amended) A fitness method for a person having a particular body type classification based on the shape of the person's body, a fitness level of the person, and a fitness goal for the person, said fitness method comprising the steps of:

- performing a first aerobic routine with the resistance level based, at least in part, on the body type classification of the person and comprising at least one of the exercises selected from the group of biking, walking, elliptical trainer, and stepper;
- performing a first upper body routine comprising the exercises of push-outs, behind-the-neck presses, front presses, upright rows, bicep curls, and tricep kickbacks;
- performing a second aerobic routine with the resistance level based, at least in part, on the body type classification of the person and comprising at least one of the exercises selected from the group of biking, walking, elliptical trainer, and stepper; and
- performing a first abdominal routine comprising the exercises of sit-ups, leg-outs, elbows to knees, and knees to elbows.

22. (Currently Amended) A fitness method for a person having a particular body type classification based on the shape of the person's body, a fitness level of the person, and a fitness goal for the person, said fitness method comprising the steps of:

- performing a first aerobic routine;
- performing a first upper body routine;
- performing a second aerobic routine;
- performing a first abdominal routine.

23. (Original) The fitness method of claim 22, further comprising the steps of:

- performing a third aerobic routine;
- performing a set of standing knee to opposite chest;
- performing a set of L-kicks;
- performing a second upper body routine; and
- performing a fourth aerobic routine.

24. (Original) The method of claim 23, wherein the fitness method is performed with a sequence of said first aerobic routine, said set of standing knee to opposite chest, said set of L-kicks, said second aerobic routine, said first upper body routine, said third aerobic routine, said first abdominal routine, said second upper body routine, and said fourth aerobic routine.

25. (Original) The fitness method of claim 22, further comprising the steps of:

- performing a first and second set of standing knee to opposite chest;

- performing a set of push-ups; and
- performing a third aerobic routine.

26. (Original) The method of claim 25, wherein the fitness method is performed with a sequence of said first set of standing knee to opposite chest, said set of push-ups, said first aerobic routine, said first upper body routine, said second aerobic routine, said first abdominal routine, said second set of standing knee to opposite chest, and said third aerobic routine.

27. (Original) The method of claim 22, further comprising the steps of:

- performing a second abdominal routine;
- performing a first and second set of march in place on toes;
- performing a first and second set of side benders; and
- performing a first and second set of deadlifts.

28. (Original) The method of claim 27, wherein the fitness method is performed with a sequence of said first abdominal routine, said first aerobic routine, said first set of march in place on toes, said first set of side benders, said first set of deadlifts, said first upper body routine, said second aerobic routine, said second set of march in place on toes, said second set of side benders, said second abdominal routine, and said second set of deadlifts.

29. (Original) The method of claim 22, further comprising the step of:

- performing a first set of deadlifts;
- performing a first and second set of side benders;
- performing a second abdominal routine;
- performing a first set and second set of march in place on toes; and
- performing a second upper body routine.

30. (Original) The method of claim 29, wherein the fitness method is performed with a sequence of said first aerobic routine, said first upper body routine, said first set of deadlifts, said first set of side benders, said first abdominal routine, said second aerobic routine, said first set of march in place on toes, said second upper body routine, said second first set of march in place on toes, said second abdominal routine, and said second set of side benders.

31. (Original) The fitness method of claim 22, wherein the resistance level of the exercise routines performed is based, at least in part, on the body type classification of the person.

32. (Original) The fitness method of claim 22, wherein the steps of performing said first and second aerobic routines includes exercises from the group of biking and walking; and wherein the resistance level of said exercise performed during said first and second aerobic routines is based, at least in part, on the body type classification of the person.